

2007 EASTERN METROPOLITAN REGION 3th COACHING CAMPS

ANNIVERSARY

Friday 9th to Sunday 11th November

Under 12, 13, 14 and 15 athletes

Friday 30th Nov. to Sunday 2nd December

Under 10 and 11 athletes

Want to improve your skills and performances?

This is for you!

Crystal Creek Camp is located in the Goulburn River Valley about 6 kilometres south west of Alexandra. The venue is designed to allow for a variety of activities. A large oval caters for all our track and field needs including jump pits, shot put and discus rings. Equipment including hurdles and high jump facilities is laid out for coaching sessions by level one/two accredited coaches. The spacious well maintained buildings can accommodate 100 athletes. Athletes are coached in their own age group. Full catering is provided in the well equipped dining hall. At Crystal Creek, various on site activities are available such as supervised swimming, basketball, volleyball, canoeing, etc. The site is perfect for the cross-country runner and offers clean, unpolluted fresh country air.

Sleeping accommodation is by way of cabins, each taking between 6-8 athletes in bunks. Allocation of cabins will be announced on Friday evening on arrival. Where possible athletes will be grouped with friends or Centres and by age group.

The athletes are supervised by experienced camp co-ordinators and coaching is conducted by accredited coaches (minimum level 1). Persons with first aid and swimming qualifications are in attendance. They will ensure that the athlete will experience an enjoyable time as well as developing their skills and techniques from the coaching sessions. Camp supervisors and coaches hold a current "Working With Children Check".

Transport to and from the camp is provided picking up athletes at *Camberwell, *Doncaster, Nunawading, *Ringwood, Croydon and Lilydale on Friday arriving at Crystal Creek at 7.50pm to a hot meal and returns approximately 6.30pm Sunday. *Actual departure and return details will be in acceptance letter.

Saturday's Program is: 7.00am - early morning warm up and jog followed with Breakfast. 8.45am - warm up/ flexibility/exercises. 9.15am-12.00pm - coaching. 12.15pm - Free time activity. 12.45pm - Lunch. 2.00pm-4.30pm - coaching. 4.30pm Group activity. 6.00pm - Dinner. 7.00pm - orienteering. 8.45pm - Activity and supper.

Registrations are limited to a maximum of 100 athletes for each camp and must be members of Little Athletics Centres in the Eastern Metropolitan Region. All applications are to be on the correct registration form (see your Centre camp co-ordinator) and accompanied with an amount of \$115.00 being the total fee. **You DO NOT lose Centre or Club attendance points if you attend this camp.**

Applicants selected to attend the camp will receive further information from the camp co-ordinator. Applications close on Saturday 27th October 2007. Late entries may be accepted if there are vacancies. The Region Camp Co-ordinator is Lawrie Barnett. AH Telephone 9816 9695 or Mobile 0414 587 888.

REGISTRATION FORM

Please register me for the Eastern Metro Camp at Crystal Creek

Under 12-15 Camp - November 9th-11th, 2007

Under 10-11 Camp - Nov 30th-Dec. 2nd, 2007

(PLEASE PRINT NEATLY IN BLOCK LETTERS)

NAME.....
GIVEN NAME SURNAME

ADDRESS:.....

POSTCODE:.....

PHONE:..... MOBILE :.....

EMAIL:.....
PRINT EXACT AND CLEAR

AGE GROUP BOY/GIRL U..... DATE OF BIRTH:.....

LITTLE ATHLETICS CENTRE:.....

Please record allergies eg. food, nuts, insects etc.,
medical conditions eg. asthma, disabilities, specific dietary needs:

Please record required Medication.....

MEDICARE No:.....

Has child had Tetanus booster in last 5 years? YES / NO

PARENT'S DECLARATION

I,being the parent or legal guardian of the athlete named above, hereby give permission to the camp co-ordinator to seek and approve of any medical attention if the need arises. In the event of my being unable to be contacted, I also give permission to the medical profession to administer an anaesthetic in matters of emergency and I will meet all associated expenses. This authority is in respect to my child on the camp. I understand that EMR retains the right to use for publicity or advertising purposes, photographs of participants taken during the camp.

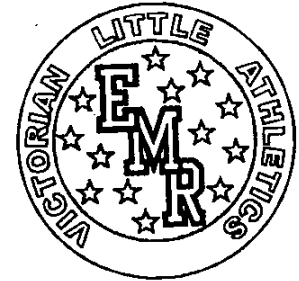
Parent's/Legal Guardian's Signature.

DATE:2007

PLEASE NOTE: The Registration form with an amount of \$115.00 (Cheque payable to your Centre) is to be forwarded to your **CENTRE CAMP CO-ORDINATOR** by Saturday October 27, 2007. **Application will not be accepted without payment.** Late applications may be accepted if there are vacancies.

Centre Camp Co-ordinator Use Only: Acceptance letter given to athlete? Yes No

EASTERN METROPOLITAN REGION



2007 COACHING CAMPS

**Friday 9th to Sunday 11th November
Under 12 - 15 athletes**

**Friday 30th Nov to Sunday 2nd Dec.
Under 10 and 11 athletes**